



Post-surgery Wound Care Instructions

GENERAL CONSIDERATIONS:

- It is normal to see some bloody drainage on the bandage the day of the excision.
- We recommend use of acetaminophen for pain control. Certain medications, such as ibuprofen, naproxen, and aspirin, and products such as alcohol, ginseng/ginkgo/garlic supplements may increase the risk for bleeding.
- We do NOT recommend that you stop any blood thinner medications prescribed unless previously advised by your dermatologist.

WOUND CARE:

- Keep the bandage dry for 48 hours and then you may remove the bandage and shower over the surgery site
- Gently cleanse the surgical site with soap and water and apply Aquaphor, Vaseline or other non-medicated ointment to the site. Neosporin or triple antibiotic ointment is generally not needed but may be used for those who do not have a demonstrated allergy.
- Applying a bandage is recommended for areas that may be rubbed frequently by clothing, such as the bra strap area or the foot, particularly if sutures were placed. Replace the bandage twice daily.
- After 2-3 days a bandage is no longer necessary if drainage has ceased.

ACTIVITIES:

- Follow any specific activity instructions given by your dermatologist
- Depending on the location and the extent of the biopsy procedure, you may need to minimize your activity for the first 48 hours and avoid any strenuous activity/exercise for at least 14 days following the procedure to reduce the chance of bleeding and/or opening of the wound/broken stitches. • Even once the site is healed and sutures are removed, it is still undergoing remodeling and strengthening. Minimizing tension on the scar by reducing activity can lead to better scar outcomes.

CALL OUR OFFICE (469.480.8100) IF:

- You develop a fever above 100.5°F
- You develop spreading redness extending one-half inch or more from the excision site
- You develop increased swelling, pain, or inability to move a joint that is near the excision.
- You have bleeding that does not stop after holding firm pressure on the excision site for 20 consecutive minutes (no peeking) using a clean cloth or gauze.

FOLLOW UP:

- Follow up in the office as instructed by your dermatologist. Schedule your suture removal appointment, if needed at the time of your excision.



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